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## PROHIBITION DENOUNCED BY HARVARD SCIENTIST

By Prof. Hugo Munsterberg of Harvard.

We all agree that alcoholic intem-  
perance is one of the greatest  
sources of human misery; being the  
direct cause of a large part of  
crime, of poverty, of illness, of in-  
sanity, of earth death, and in the  
next generation, of idiosyncrasy and  
depravity. We all agree further that  
all alcoholic beverages are danger-  
ous for children and psychopaths;  
and we agree that to fight against  
such evils is the duty of every con-  
scientious reformer. Our possible  
disagreement appears thus only when  
we consider the means by which  
these evils can be removed in the  
highest possible degree without in-  
troducing other evils equally calami-  
tous. After studying this problem  
for more than twenty years and af-  
ter repeating frequently in the psy-  
chological laboratory all the signifi-  
cant experiments, and after curing  
scores of drunkards by psychothera-  
peutic means and thus being near  
to the question all the time, I am  
fully convinced that under the present  
conditions of American life the  
only wise way of reform is by work-  
ing toward temperance and not to-  
ward prohibition. It must be a  
campaign of education towards a  
moderate use of light alcoholic bev-  
erages.

Since I uttered this opinion pub-  
licly a few months ago in a popular  
magazine, a whole literature of so-  
called replies has gone up. There  
was no lack of vehemence and an  
abundance of misstatements, and  
even the exponent of the presidential  
campaign would not be sufficient to  
excuse the denunciations and falsi-  
fications which my friends the Prohi-  
bitionists, indulged in; but I looked  
in vain for a single argument which  
could change in the least my opin-  
ion. Of course, I do not deny that  
the other side has a much simplified  
remedy. To exclude all alcohol from  
this country by prohibition laws  
seems to get rid of the evil with one  
stroke; it needs indeed much less ef-  
fort than a true education towards  
temperance. But the Prohibition  
movement is just like the free silver  
movements in economics, or like so-  
cialism in politics, or like spiritualism  
in religion, or like Christian  
Science in medicine, or like Prag-  
matism in philosophy. They all con-  
tain a little core of truth, but their  
truth is old and they become new  
fashioned movements only by new  
sensational formulations which ap-  
peal to the unthinking crowd. But  
just this always secures at first an  
immediate cheap victory; a super-  
ficiality of thinking prevails in the  
world and can never resist the en-  
thusiasm of fanatics. I have hardly  
any doubt that this Prohibition  
movement, too, will at first over-  
whelm, by its very superficiality, the  
sober efforts for education and re-  
form in this country, just as the  
vaudeville and the opera have over-  
whelmed the serious drama, as the  
cheap magazine has demolished the  
book store, as the yellow press has  
captured the masses, and as in a  
hundred other forms the appeal to  
superficial judgment has been suc-  
cessful. Then of course the reac-  
tion comes in time, and the cry for  
prohibition will just as swiftly dis-  
appear as the cry for free silver.

Our Habitual Disrespect for Law.  
Let us not forget that we want to  
make laws for a nation whose habit-  
ual disrespect for the written stat-  
utes has proved in the last years to be  
the chief source of its troubles, and  
let us further not forget that we  
want to legislate against a physio-  
logical desire which belongs to a  
majority of men. The absence of  
this desire in women or in a large  
number of men whose nervous sys-  
tem is differently organized can easily  
mislead. I personally, for in-  
stance, brought up in a temperance  
household, have had my life long a  
physiological dislike not only for  
strong drinks but also for beer. But  
in planning for the millions I should  
feel reckless and irresponsible if I  
simply generalized my own chance  
constitution.

That kind of abstinence legisla-  
tion which prevails in certain parts  
of the country and is evidently near  
in others is surely not for the com-  
mon good. That is destroys in-  
dustries and makes hundreds of  
thousands of breadless, and that it  
deprives millions of a harmless, joy-  
ful feeling is still the smallest harm  
which it produces. But far more im-  
portant is the disrespect for law  
which it creates. Prohibition puts a  
premium on the systematic viola-  
tion of law and introduces a form of  
corruption which is still worse than the  
corruption which irradiates from the  
licensed saloon. Further, it re-en-  
forces drinking in its most miserable  
and dangerous form. The moderate  
drinker is cut off, while the immod-  
erate drinker is created. It abolishes  
light wine and beer; and opens wide  
the way for the worst kind of  
whisky. It eliminates every sound  
supervision and makes mothers and  
inherents the favorite customers. A  
clean surface appearance is bought  
at the expense of inner moral and  
mental destruction. Worst of all,

the masses who feel the instinctive  
need of an anaesthetic quickly find  
substitutes. I speak as a psychothera-  
apist whose experiences cover the  
whole country, if I say that the  
spreading of cocaine and morphin-  
ism, of sexual perversions and ruin-  
ous habits among the abstainers is  
alarming. But even on the surface  
any one can see to what degree of  
dullness on the one side and of vul-  
garity on the other side the masses  
are led if the means of physiological  
relief are cut off from a strong hard-  
working population. To fight in-  
temperance by prohibition means to  
substitute one evil for another; a  
reform by slow education towards a  
moderate use of light wine or beer,  
is the only way to permanent suc-  
cess in this country, as long as Amer-  
icans remain Americans.

The Contentions of Dr. Williams.  
Of course there are not a few who  
are convinced that alcohol is ruinous  
for every one, even in moderate  
quantities; and it has become the  
fashion to support this belief by the  
results of scientific investigations.  
My whole life belongs to science, but  
after most careful study I am con-  
vinced that there exists no scienti-  
fically safe fact which demonstrates  
evil effects if a temperance use of  
alcohol by normal adult men. Every  
claim on the one side has been dis-  
proved by just as important experi-  
ments on the other side. Even on a  
physiological ground, everything is  
uncertain. Dr. Williams, of New  
York, tells us that alcohol is never  
a food; and Dr. Dana, of New York,  
the president of the New York Acad-  
emy of Medicine, tells us that al-  
cohol is always a food. Dr. Williams  
writes that alcohol always lessens  
the power for work; and Dr. Dana  
writes that, as proved by recent ex-  
periments, alcohol has no effect, one  
way or the other, on the capacity  
to work if given in moderate daily  
doses. Dr. Williams writes that al-  
cohol is the greatest evil of society;  
and Dr. Dana writes that the im-  
mediate removal of alcohol from so-  
cial life would lead to social and  
racial decadence.

## DON'T STIMULATE EXHAUSTED NERVES

If You Would Be Cured Feed the  
Nerves by Using a Tonic That  
Will Nourish Them  
Through the  
Blood.

Every person is endowed with a certain  
amount of nervous energy which is be-  
ing constantly drawn upon by the work,  
worry and responsibilities of our daily  
life. It is also largely drawn upon dur-  
ing the after-effects of wasting diseases,  
as fever.

Unless these drains upon the nerves  
are replaced by nourishment from the  
blood, the nerves become overworked and  
exhausted and some form of nervous  
trouble results.

The value of the tonic treatment with  
Dr. Williams' Pink Pills lies in the fact  
that these pills do not stimulate the al-  
ready exhausted nerves to keep up their  
work for a time longer, but that they keep  
the blood pure and red and in that way  
fully replace the nervous energy that has  
been used up.

Mrs. Frances Clark, a dressmaker, of  
No. 1748-A Mission street, San Fran-  
cisco, Cal., says:

"I suffered for about three years from  
nervous debility. I was very nervous  
and during most of the three years I  
could not sleep well. My stomach was  
quite bad and I was pale and somewhat  
run down. I was not able to work  
steadily.

"A friend urged me to take Dr. Wil-  
liams' Pink Pills and upon doing so I  
felt better from the start. I took them  
for several weeks and gained ten pounds  
in weight and am able to work every day.  
I have recommended Dr. Williams' Pink  
Pills to many of my friends and always  
with good results."

If you are suffering from any nervous  
trouble, as neuritis, sciatica, nervous  
headache, nervous prostration, nervous  
dyspepsia, St. Vitus' dance, partial  
paralysis or locomotor ataxia, send to-  
day for our new booklet, "Diseases of the  
Nervous System," which is free upon  
request. This booklet explains how the  
health of the nerves depends on pure,  
red blood and shows what Dr. Williams'  
Pink Pills have accomplished in nervous  
diseases through their blood-building  
property.

Dr. Williams' Pink Pills are sold by all  
druggists, or will be sent, postpaid, on  
receipt of price, 50 cents per box; six  
boxes for \$2.50, by the Dr. Williams  
Medicine Company, Schenectady, N. Y.

demonstrate to you most easily that  
every hour of physical exercise is  
ruinous for the higher mental life;  
or that the fatigue from the hearing of  
one hour's lecture makes mental  
cripples out of all of us. The fear  
of those who want to cut off a bottle  
of light beer with the evening meal  
from the home table of a hardwork-  
ing laborer on account of the  
physiological experiments is com-  
parable only with the fear of those  
who wish that every man might live  
isolated in the middle of the ocean  
because in every other place the  
laboratory can demonstrate number-  
less microbes and bacteria.

The only reasonable argument  
against moderate drinking of nor-  
mal adult men is a fear that they  
may transcend the wise limits. Yes,  
I confess the only word which made  
an impression on me in the pam-  
phlets written against my essay was  
one contained in a Chicago pam-  
phlet, which said that we must con-  
sider Americans are reckless and  
carry everything to excess. But can  
that really be the attitude of a civ-  
ilized nation? To legislate as if the  
citizens are irresponsible children, in-  
capable of moderation, would mean  
a degradation of the whole country.  
With the same right we might pro-  
hibit every sport because it becomes  
ruinous for the organism if carried  
to an excess. Surely the Americans  
are reckless and excessive; otherwise  
we should not have ten times more  
railroad accidents than Europe, and  
gambling and an absurd chase for  
money all over the land. But the  
only sound consequence would be  
that every reformer has the duty to  
educate towards moderation in ev-  
ery field. To learn to be moderate  
involves the development of will  
power, which is beneficial in every  
walk of life. Only towards who  
have no trust in their own will pre-  
fer to be removed from every tempta-  
tion. I remember well a man who  
was president of an abstinence so-  
ciety for many years, and then used  
once for medical purposes a glass  
of brandy, and as he had not been  
trained in any moderation, the one  
glass stirred up a craving for more  
until he was lying in the gutter; and  
when he was brought to me to be  
hypnotized he confessed that he had  
not will to abstain from overindul-  
gence. The campaign for temperance  
as against prohibition is a campaign  
for education which goes far beyond  
the special purpose and works  
against excessiveness and reckless-  
ness in every field. If all the serious  
enemies of intemperance were to  
unite on such lines of conservative  
progress, a real restoration in health  
and order might soon be secured; the  
radicalism of prohibition only de-  
lays reform until it may be too late.

To demonstrate that the abstain-  
ers enjoy clearer methods of think-  
ing than such drinking scholars  
would be indeed an interesting ex-  
periment, but from the prohibitionist  
literature I cannot gain the impres-  
sion that clearness of thinking is  
their particular strength. Typical  
of their unclarity is the way in  
which they draw arbitrary conse-  
quences from the real experiments.  
It is for instance, quite right to claim  
that alcohol makes our mental as-  
sociations slower, but they interpret  
it as if that means a destructive  
crippling of our mental life. They  
do not even ask themselves whether  
or not this retardation of association  
of ideas may not perhaps be a most  
helpful and useful relaxation of cer-  
tain brain centers. With the same  
logic they might demonstrate to us  
that sleep is a most ruinous inven-  
tion of nature, as it paralyzes our  
brain centers still more; and they  
have not the slightest understand-  
ing for the fundamental fact that  
such an inhibition in certain parts  
of the brain belongs to every single  
act of attention. They do not take  
the trouble to ask whether or not  
our associations are also changed  
through the digestion of a dry meal.

With such careless misinterpreta-  
tions of isolated experiments, I could

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